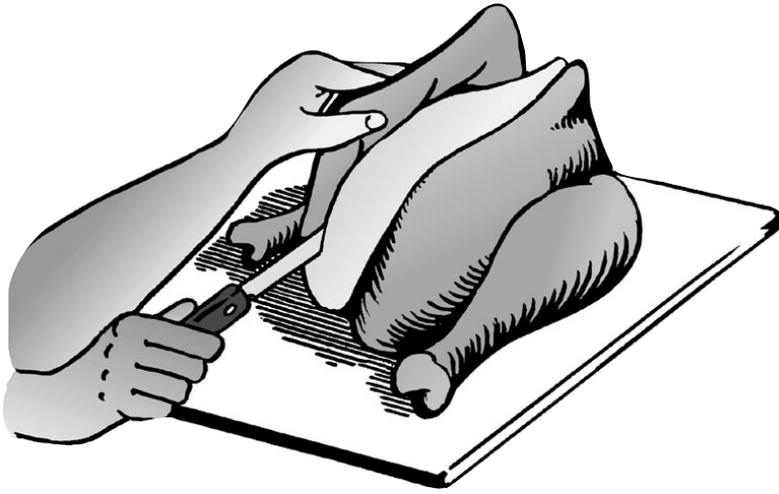


African American COOKING TIPS

HEALTHY EATING TIPS

Eat a variety of foods low in salt, fat, and sugar
Eat lean meats, fish, and poultry
Eat grains, fresh vegetables, and fruit

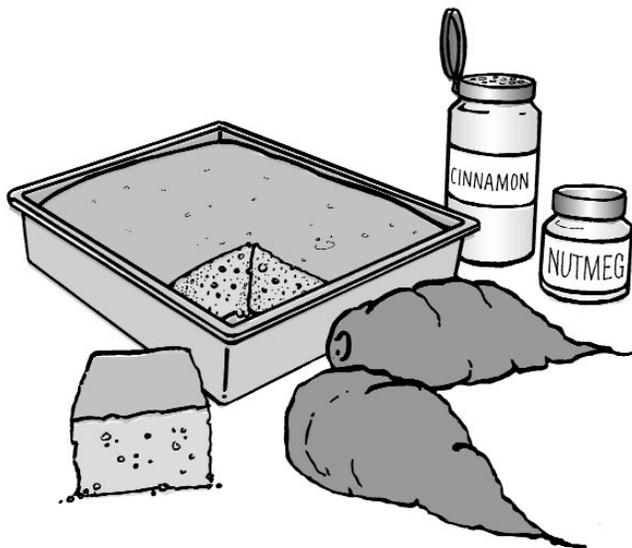
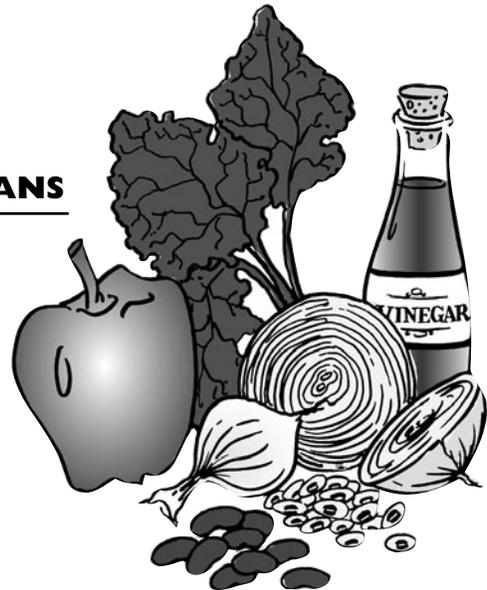


MEAT, FISH, POULTRY

- ✿ Bake or broil instead of fry
- ✿ Eat chicken without skin
- ✿ Trim meats / pour off fat
- ✿ Prepare fat-free gravies

COLLARD, MUSTARD, TURNIP GREENS BLACK-EYED PEAS, PINTO BEANS, NAVY BEANS

- ✿ Season with skinless smoked turkey/chicken, lean ham, turkey ham, Canadian bacon
- ✿ Increase onion, garlic, peppers, vinegar and herb seasonings for flavor



CORNBREAD, STUFFING, SWEET POTATOES

- ✿ Use little butter, shortening, or oil
- ✿ Add lowfat chicken broth to stuffings instead of meat drippings
- ✿ Season sweet potatoes and yams with nutmeg, cinnamon, and vanilla — use little butter and sugar